

**Effective – August 1, 2012**



**WESTMINSTER FAMILY FITNESS CENTER GROUP FITNESS SCHEDULE**

410-751-5501, [www.westminstermd.gov](http://www.westminstermd.gov), Recreation & Parks, Family Center

**The Mission of the Westminster Family Center's Group Fitness Team:** To provide a safe and enjoyable environment for people of all ages and fitness levels, by providing a variety of aerobic, strength training, and mind body classes taught by Nationally Certified Instructors.

Day/ Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 a		<b>*Cycle*</b> Missie		<b>*Cycle*</b> Missie			
6 a	<u>Step Strength Interval</u> Lisa F.				<u>Cardio Strength Interval</u> Lisa F.		
6-6:45			<u>Gentle Yoga Express</u> Joe				
8 a						<b>ZUMBA/HIP HOP</b> alternate	
8:30 a	<u>Dance Fusion</u> Susanne	<u>Dance/Tone</u> Dee	<u>Dance Fusion</u> Susanne		<u>Dance Tone</u> Dee		
9-9:45				<b>ZUMBA EXPRESS</b> Lisa L.			
9 a		<b>Cycle</b> Kaye		<b>Cycle</b> CANCELLED TILL SEPTEMBER	<b>Cycle</b> CANCELLED TILL SEPTEMBER	<u>Instructors Choice Altern.</u>	<b>Cycle</b> CANCEL TILL SEPT.
9:30 a	<u>Cardio Strength Interval</u> Shareen		<u>HIP HOP, Step, &amp; Strength</u> Rachel		<u>Step Strength</u> Beth	<u>Flow Yoga</u> Shawn	
10 a		<u>Strength Fusion</u> Sarah		<u>Strength Fusion</u> Sarah		<u>Flow Yoga Alternate</u>	
12:00		<u>PICK-UP BASKETBALL</u>		<u>PICK-UP BASKETBALL</u>			
12:10 to 12:50	<u>Express Yoga</u> Shawn		<u>Express Core Flow</u> Sarah				12:30 p <u>Yoga</u> Bob
4:45 p		<u>FLOW YOGA</u> Joe					
5 p			<u>PICK-UP BASKETBALL</u>	<u>Pilates Strength</u> Billie	<b>ZUMBA/HIPHOP</b> Carly		
5:30 p	<u>Pilates</u> Billie						
5:45 p			<u>Flow &amp; Core</u> Tricia				
6 p	<u>Strength Fusion</u> Chris	<b>ZUMBA</b> Rhonda	<u>Flow Yoga</u> Joe	<u>Step Strength Interval</u> Kathleen	<b>ZUMBA</b> Rhonda	<u>Flow Yoga</u> Lisa C.	
6:30 p	<b>Cycle</b> Wendy	<u>Flow Yoga</u> Melissa	<b>Cycle</b> DANA	<u>AQUA Hip Hop</u> Carly 8/2 – 8/23	<b>Advance Cycle</b> Chris	<b>Cycle</b> Chris	<u>AQUA Aerobi cs</u> Stephanie 8/2 – 8/23
						<b>Cycle</b> CANCELLED TILL SEPTEMBER	
7 p	<b>ZUMBA</b> Lisa L.						

**CYCLE CLASSES:** PLEASE SIGN UP NO MORE THAN 48 HOURS IN ADVANCE. ALSO, ARRIVE 10 MINUTES EARLY TO CLASS IN ORDER TO SET UP YOUR BIKE. *Thank you! Please bring a towel and water.*

PILATES, YOGA, CORE/FLOW CLASSES - HELD ON THE THIRD FLOOR unless stated.

**12 years of age up to 14 years old can participate in class with a legal parent or guardian.**